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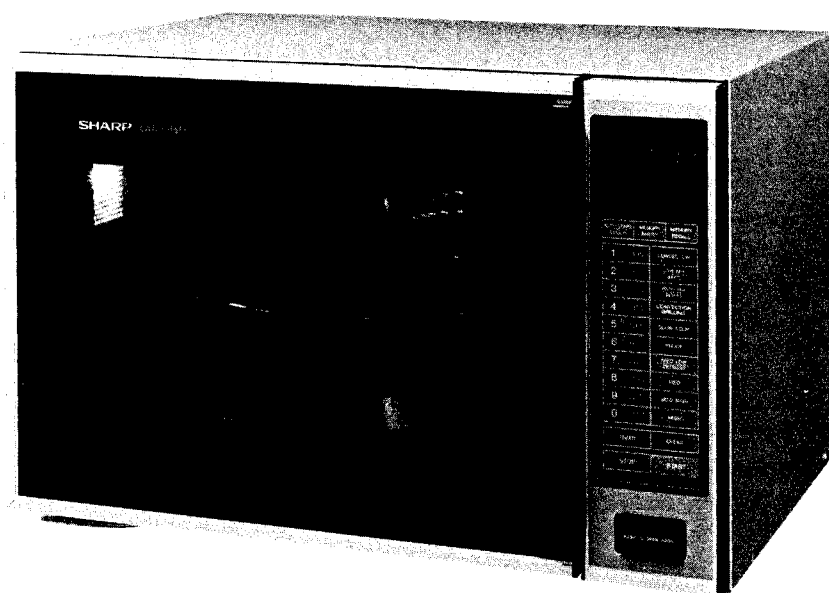
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CAROUSEL®

CONVECTION MICROWAVE OVEN

MODEL R-8320

OPERATION MANUAL



Featuring:

*Convection Cooking System
Carousel® Cooking System
Auto-Touch Control Panel*

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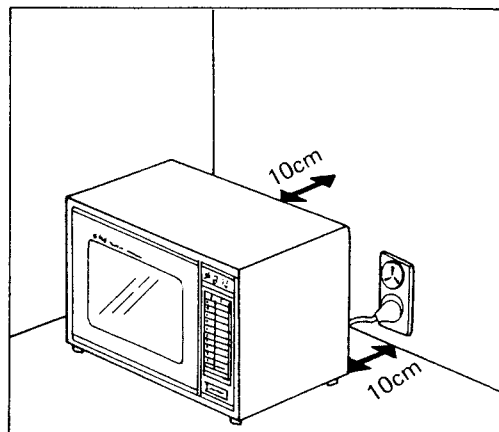
INSTALLATION INSTRUCTIONS

1. Visual check after unpacking:

Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged gaskets around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SHARP AUTHORISED SERVICE AGENT and repaired, if necessary.

2. Exhaust vents are provided on the rear of the unit for proper cooling and air flow in the cavity. It is recommended that the unit is installed at least 10cm from the rear wall in order to ensure adequate ventilation.

3. The unit should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.



WIRING INSTRUCTIONS

Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.

The A.C. voltage must be 240V, 50 Hz.

WARNING-THIS APPLIANCE MUST BE EARTHED

IMPORTANT

The wires in this mains lead are coloured in accordance with the following code:

Green-and-yellow	: Earth
Blue	: Neutral
Brown	: Live

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol $\equiv$ or coloured green or green-and-yellow.

The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

REMINDERS

Door seal

The door seal is designed to prevent leakage of microwave energy during cooking. Occasionally moisture may appear around the oven door. This is not abnormal and does not necessarily indicate the oven is leaking microwave energy.

Arcing

Some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. DO NOT use metal utensils for microwave cooking alone, and metal utensils should not come in contact with oven walls.

FEATURES AND SPECIFICATIONS

Features

- Carousel turntable to provide more uniform cooking than ever before possible. Automatically turns the food for even cooking.
- Auto-Touch microprocessor control panel for wide variety of cooking programs not achievable by conventional methods. Audible entry signal tone.
- Variable Cooking Control for choosing the rate of microwave cooking: HIGH (FULL POWER), MED HIGH (ROAST), MED (SIMMER) and MED LOW/DEFROST (DEFROST).
- Automatic defrost cycle at MED LOW/DEFROST (DEFROST).
- Convection temperature control with Automatic Preheat feature.
- Two mix settings to automatically combine convection and microwave cooking in one simple step.
- Four sequences programmable cooking.
- Memory bank for programming up to 4 cooking sequences which can be stored and recalled.
- Baking rack for two stage convection or automatic mix cooking.
- Meat trivet for roasting or grilling meat.
- Easy to open push button door with triple-safe locking system (three separate safety switches, door interlocks and concealed interlocks).
- Auto Start for delayed cooking.
- Lighted digital display for accurate, precise time setting.
- Automatic oven door swing stop. Keeps hot door out of the way while removing food.
- Oven light to view foods as they cook.

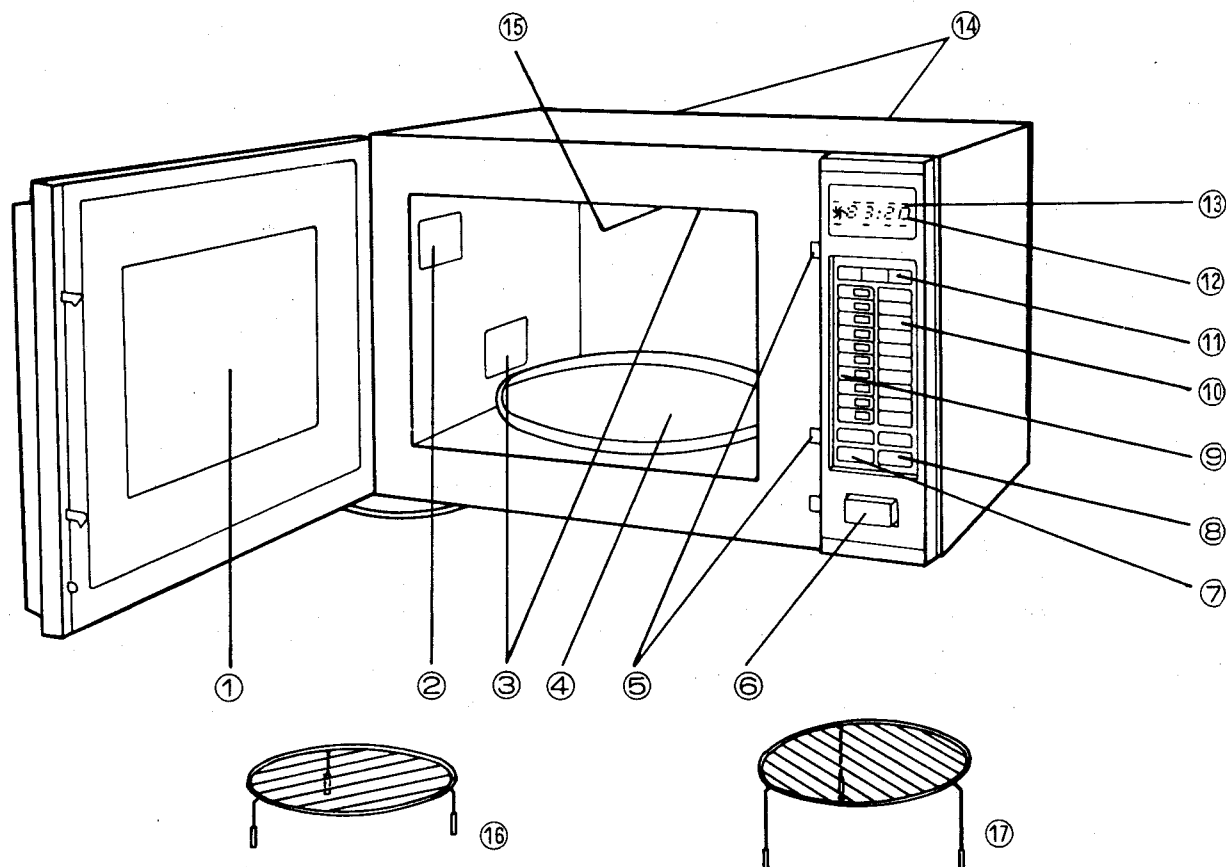
Specifications

AC Line Voltage:	Single phase 240V, 50Hz
AC Power Required:	1.3 kW (Microwave) 1.6 kW (Convection)
Output Power:	
Microwave	650 W (2 litre water load)
Convection	1500 W
Microwave Frequency:	2450 MHz
Outside Dimensions:	627mm(W) x 408mm(H) x 480mm(D)
Cavity Dimensions:	395mm(W) x 256mm (H) x 422mm(D)
Turntable:	376mm in diameter
Weight:	Approx. 34 kg

IN THE UK., "THIS APPARATUS COMPLIES WITH THE REQUIREMENTS OF BS-800 AND EEC-499."

IN ORDER TO COMPLY WITH THE EEC DIRECTIVE: 82/499/EEC, SHORT COOKING OPERATIONS SHOULD NOT BE PERFORMED MORE FREQUENTLY THAN ONCE PER MINUTE.

OVEN DIAGRAM



1. Oven door with see-through window.
2. Oven lamps. The lamp will light when door is opened or START pad is being touched.
3. Convection air openings.
4. Removable Carousel turntable.
5. Door latches. The oven will not operate unless the door is securely closed.
6. One touch door open button. Press to open door.
7. STOP pad. Touch to stop operation of oven.
8. START pad. Touch for cooking after door is closed and desired cooking program is set.
9. Number pads for setting time and convection temperature.
10. Function pads.
11. Auto Start/Clock and Memory pads.
12. Time and temperature display. Lighted digital display for time (0–99 minutes, 0–99 seconds), Convection Fan Symbol and Convection Temperature.
13. Indicator displays for Convection, Variable Cooking Control, Cook, Mix, Memory and Auto-Start.
14. Ventilation openings.
15. Removable waveguide cover.
16. Meat trivet.
17. Baking trivet.

SPECIAL NOTES

- (a) Always use your oven as directed in your cookbook and this guide.
- (b) The appliance should not be operated without food in the oven, operation in this manner being likely to damage the appliance (in case of the microwave cycle).
- (c) Generally speaking, metal except originally designed ones should not be used in the oven in case of the microwave cycle.
- (d) Do not cook eggs in the shell. Pressure will build up inside the shell and it will explode (even after cooking has stopped). Do not reheat cooked eggs unless they are scrambled or chopped. Puncture the yolk before cooking eggs.
- (e) Do not prepare popcorn without popcorn popper in the oven. The results are poor and it can be dangerous.
- (f) Do not place cans of food in oven (Ref. (c) above). (in case of the microwave cycle)
- (g) Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled and it may overheat.
- (h) Before microwave cooking pierce the skin of potatoes, sausages, apples, or any fruit which has a skin covering, before cooking.
- (i) When boiling water or liquids in the oven, make sure that you use a wide mouthed container. This will allow forming air bubbles to escape freely and readily to the surface of the water. Should a narrow mouthed container be used, air bubbles may combine to form a large bubble (inside the container) which may displace the water upwards when trying to escape to the surface (even after cooking has stopped). The hot liquid displaced could, accidentally, harm the oven user.
- (j) Do not use plastic or styrofoam utensils for microwave cooking if the oven is hot from convection cooking. The utensils may melt.
- (k) When convection cooking, the door glass might get hot.
Always use the plastic portion of door handle when opening or closing door, or it is recommended to use an oven glove.
- (l) Do not attempt to operate the oven with the oven door open, in case the safety door switches have been damaged.
- (m) Do not attempt to operate the oven whilst any object is caught or jammed between the door and the oven.
- (n) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (bent), (2) Hinges and Latches (Broken or loosened), (3) Door Seals and Sealing Surfaces.
- (o) Always keep the door seal and door surfaces clean so that any grease, soil or splashes are not allowed to build up. Such a build up could result in leakage of microwave energy from the oven.
- (p) It is dangerous for this oven to be adjusted or repaired by anyone except properly qualified service personnel approved by Sharp.

CARE AND CLEANING

Exterior

The outer cabinet is of painted metal and the front surface is of plastic and painted metal. Clean the outside with mild soap and warm water; rinse and dry with a soft cloth. Do not use any type of household or abrasive cleaner.

Interior Walls

1. The walls of the oven are stainless steel; for easy cleaning, wipe any spills or splashes with a damp soft cloth or sponge after each use. For heavier soil, use a mild soap; rinse thoroughly with warm water. While the oven is still warm, remove the soil immediately. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.**
2. The ceiling of the oven has a continuous clean finish. This finish involves a specially formulated porcelain enamel which permits the gradual oxidation of most soils during normal cooking cycles. The surface may be damaged by commercial cleaners, abrasives or powder cleaners. Some manual cleaning may be necessary if excess splashing occurs; use a paper towel or sponge to blot up and remove excess splash while the oven is still warm and the soil is soft and pliable.
3. For more efficient cleaning of the continuous cleaning finish, it is recommended that after cooking of fatty meats, the convection oven is run for 10 minutes at 250°C, whilst oven is empty.
4. The waveguide cover can be easily removed for cleaning. Slide the cover to the left, grasp and pull down. Use mild soap and water to remove excess grease build-up before it bakes on. The cover must be kept clean to avoid uneven microwave distribution.

Turntable

Occasionally it will be necessary to remove the turntable for cleaning, or to clean the floor of the oven. Wash the turntable in mild, soapy water. Dry with a soft cloth. The turntable is dishwasher-proof. The turntable motor shaft is sealed, but excess water or spills should not be allowed to stand in this area.

Door

Wipe the window on both sides with a damp cloth to remove any spills or splashes. Metal and plastic parts will be well maintained by being wiped frequently with a damp cloth.

SERVICE CALL CHECK

Please check the following before calling for service:

1. When the door is opened, do the oven lamps light?

Yes _____ No _____

2. Place one cup of water in the oven and close the door securely. Oven lamps should go off if door is closed properly.

3. Programme the oven for 5 minutes on CONVECTION at 250°C and 3 minutes at HIGH (FULL POWER).

Touch CLEAR pad first, and then touch these pads: ① – ⑥

①	5	150°C	0	250°C	0	250°C
②	CONVECTION					
③	0	250°C				
④	3	110°C	0	250°C	0	250°C
⑤	HIGH					
⑥	START					

4. Check as follows.

- a. Do the oven lamps light?

Yes _____ No _____

- b. Does the fan work?

Yes _____ No _____

(Put your hand over the rear ventilating opening.)

- c. Does the turntable rotate?

Yes _____ No _____

- d. Do the COOK and CONVECTION indicator lights go on and does the Convection Fan Symbol rotate?

Yes _____ No _____

5. At the end of 5 minutes did the CONVECTION indicator and Convection Fan Symbol go out and did the HIGH indicator light?

Yes _____ No _____

6. At the end of 3 minutes did the COOK and HIGH indicators go out and did an audible signal sound?

Yes _____ No _____

7. Is the water bubbling?

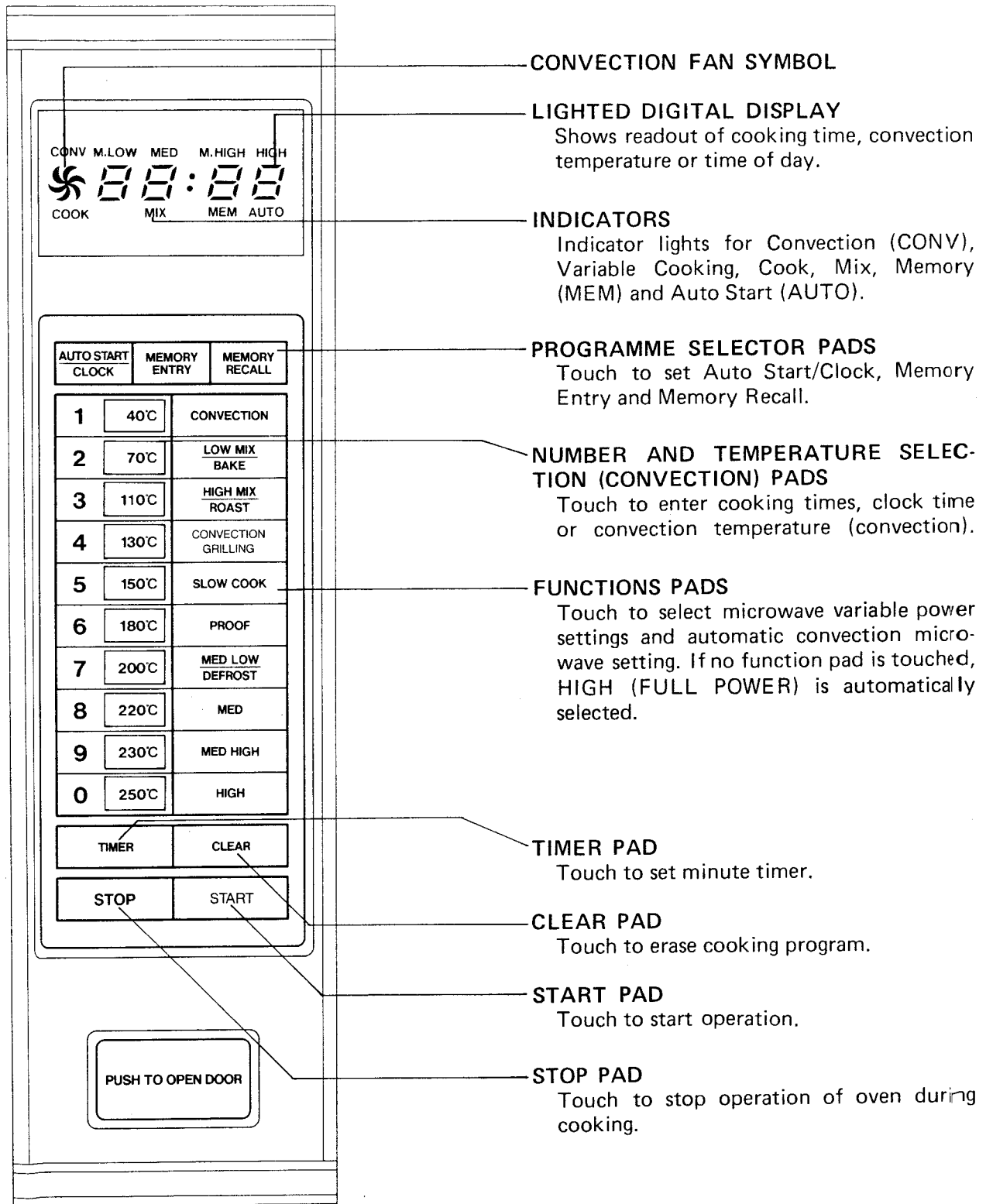
Yes _____ No _____

8. Is the inside of the oven hot?

Yes _____ No _____

If "NO" is the answer to any of these questions, please check your wall socket and fuse. If both the wall socket and fuse are functioning properly, CONTACT YOUR NEAREST DEALER TO FIND SHARP AUTHORIZED SERVICE AGENT.

AUTO-TOUCH™ CONTROL PANEL



OPERATION OF AUTO-TOUCH™ CONTROL PANEL

Your new Sharp Auto-Touch Convection Microwave Oven uses a microprocessor, the electronic brain that provides a wide variety of cooking programmes which could not be achieved by conventional control methods. The operation of the oven is controlled by touching the appropriate pads arranged on the surface of the control panel. The lighting digital readout will display the cooking time, convection temperature, memory or time of day, and indicators show the variable cooking setting or cooking function you have programmed.

An audible entry signal tone should be heard each time you touch the control panel to make a correct entry. If you do not hear this sound,

- 1) you have not used enough pressure in touching the pad,
- 2) you have made more entries than the control panel will accept,
- 3) you have made an incorrect entry.

In addition to the entry signal tone, an audible signal will sound for approximately 2 seconds at the end of the cooking cycle.

The following pages give complete instructions for using the Auto-Touch control system. Please use these instructions and practice programming the oven step by step until you are thoroughly familiar with its operation.

In giving directions, examples of foods have been used so that you may become familiar with the practical uses for these features. However, we suggest that you first practice operating the oven with one cup of water inside rather than food.

Do not operate the oven empty.

- * You cannot programme the oven if the door is not closed tightly.
- * During cooking, the programme cannot be changed until the STOP pad is touched.
All functions are locked in to prevent accidental changes.

Multiple Sequence Cooking

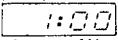
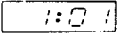
Your Sharp Auto Touch Convection Microwave Oven can be programmed for multiple cooking sequences for microwave, convection and combination convection microwave. Some of the sequences you might use in cooking include:

FIRST SEQUENCE	SECOND SEQUENCE	THIRD SEQUENCE	FOURTH SEQUENCE
Microwave	→ Microwave	→ Microwave	→ Microwave
Microwave	→ Convection		
Convection	→ Microwave		
Preheat	→ Convection		
Preheat	→ Convection	→ Convection	
Preheat	→ Auto Mix		
Preheat	→ Convection	→ Microwave	

Check your Sharp Carousel Convection Microwave Cookbook for ideas on when to use multiple sequence cooking.

AUTO-TOUCH™ OPERATION CHECK

Clock

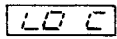
1. Plug the power cord into a three-pin electrical outlet (240V, 50Hz, 10 amp or more AC only).
2. The digital display will show 88:88 and flash on and off every second. Touch the CLEAR pad once and  will appear. The timer will begin counting up each minute. After one minute the display will show .

Microwave

1. Place the turntable inside the oven cavity. When the door is opened, the oven light comes on automatically.
2. Place one cup of room temperature water in a glass measuring cup on the turntable inside the oven. Do not attempt to operate the oven without the turntable in place.
3. Close the door securely. Oven light will go out.
4. Programme the oven to cook three minutes at HIGH (FULL POWER). Touch the number pads in the following sequence: 3, 0, 0.
5. Touch START pad to activate the oven. The cooling fan will start, the turntable will begin to rotate and the oven lamp will light.
6. After three minutes, an audible signal will sound and the unit will turn off.*
7. The water should be bubbling if operating normally.

*When the door is opened during the cooking process, the timer automatically stops. The timer and cooking process start again when the door is closed and START pad is touched.

Convection

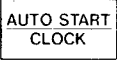
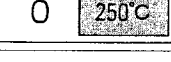
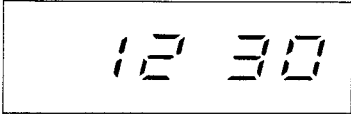
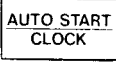
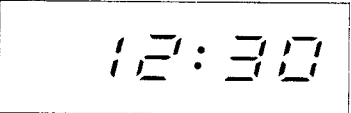
1. Place the turntable inside the oven cavity. When the door is opened, the oven light comes on automatically.
2. Close door securely. Oven light will go out.
3. Programme the oven to preheat to 70°C. Touch CONVECTION pad followed by 70°C pad.
4. Touch START pad. The red Convection Fan Symbol in the display will flash on and off and the display will show . The oven light and fan will come on, the turntable will begin rotating operation.
5. When the oven temperature reaches 70°C, the Convection Fan Symbol will stop flashing and will begin rotating. An audible signal will sound 4 times. The oven will then begin temperature holding operation.
6. The oven will automatically hold the temperature at 70°C for 15 minutes. After this time has elapsed, an audible signal will sound 4 times and the unit will turn off.
7. The oven cavity will be hot if operating normally.*
Avoid touching oven surface and door as intense heat could cause burns.
8. If the door is opened or STOP pad is touched during the preheating operation, the selected preheat temperature is displayed but preheating will stop. The oven will continue preheating when the door is closed and START pad is touched.
9. If the door is opened or STOP pad is touched during the temperature holding operation, the programme is cancelled and the display will return to time of day.

* If the oven emits an odour, programme the oven to preheat to 250°C to "burn off" odour. Touch CONVECTION pad, 250°C pad and START pad. This is a non-toxic odour common to new appliances.

OPERATION FOR CLOCK SETTING

Your oven functions as a clock to keep the time of day. To set the clock, follow this procedure. When oven is plugged in, the display will show **88:88**, flashing on and off every second. Touch the CLEAR pad; **1:00** will appear.

★ Suppose you want to enter the correct time of day 12:30 (A.M. or P.M.)

Step	Procedure	Pad Order	Display
1.	Touch CLOCK pad.		
2.	Enter the correct time of day by touching the numbers in sequence.	   	
3.	Touch CLOCK pad again.		

The clock is now set and will keep the time of day. If power to the unit is interrupted, the display will intermittently show **88:88** after the power is reinstated. To reset the clock, touch CLEAR pad and then repeat the steps above.

NOTE: This is a 12 hour clock. **EE** will appear in the readout if you attempt to enter an incorrect clock time. For example, if you attempt to enter 8:61 or 13:00, **EE** indicating an error will appear. To erase **EE** touch CLEAR pad. If you accidentally touch more than 4 number pads, the last 4 numbers you have touched will appear on the display.

OPERATION FOR MICROWAVE COOKING

Throughout your Sharp Carousel Convection Microwave Cookbook you will find step by step directions for each recipe. Basic instructions follow:

1. Make sure the oven is plugged into a 3-pin, grounded 240V, 50Hz, 10 amp household circuit. When oven is plugged in, the display will show **88:88**, flashing on and off each second. Touch the CLEAR pad; **1:00** will appear.
2. Always make certain the metal turntable is seated and in place. The oven should not be used without the turntable in place, and it should never be restricted so that it cannot rotate.
3. The Variable Cooking Control on your Sharp Convection Microwave Oven allows you to select the amount of microwave energy and the rate of cooking or defrosting. There are four levels or settings for cooking: HIGH (FULL POWER), MED HIGH (ROAST), MED (SIMMER) and MED LOW/DEFROST (DEFROST). Your cookbook explains the use of this feature.
4. Be sure to select the recommended power level before beginning to cook. Refer to Operation of Auto-Touch Control Panel for proper procedure. If you do not touch a setting on the Variable Cooking Control panel, the oven will automatically cook at HIGH (FULL POWER). Each recipe in your cookbook gives instructions for the setting best suited for that particular food category. As you become more familiar with the use of the Variable Cooking Control and microwave cooking, you will be able to judge which power level to use for various foods.
5. If food does not seem to be heating properly, check the indicator immediately above the lighted digital display. Be sure the Variable Cooking Control is on the proper setting.
6. The oven is programmed by touching the appropriate Auto-Touch pads.

To Cook at High (FULL POWER)

Many foods are cooked at HIGH (FULL POWER) for best results. The Variable Cooking Control allows you to select the rate of microwave cooking, but the oven will automatically operate at HIGH (FULL POWER) if no Variable Cooking Control pad is touched. If you wish to cook at HIGH (FULL POWER), it is not necessary to touch the HIGH (FULL POWER) pad. For other Variable Cooking Control levels, the desired setting must be entered.

- ★ Suppose you want to heat 2 cups of coffee for 1 minute 30 seconds at HIGH (FULL POWER).

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	1 40°C 3 110°C 0 250°C	1.30
2.	Touch the START pad.	START	HIGH 1.30 COOK

The cooking time will count down to zero. When the timer reaches zero, the indicators will go out and an audible signal will sound. The time of day will reappear on the display. Microwave energy will stop.

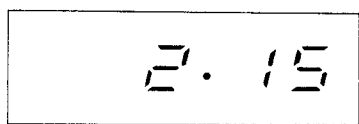
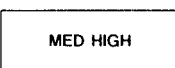
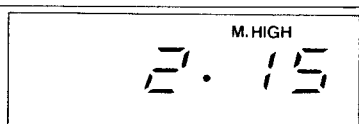
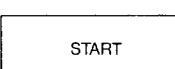
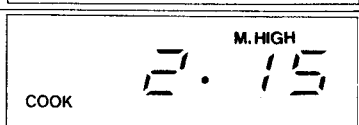
To Cook by Variable Cooking Control

This microwave oven has four preset power levels.

		Approximate percentage of microwave power.
HIGH	(Full Power)	100%
MED HIGH	(Roast)	70%
MED	(Simmer)	50%
MED LOW/DEFROST	(Defrost)	30%

Some foods give best results when cooked more slowly at a lower cooking power. Your cookbook will indicate the recommended variable setting for each recipe. See your Sharp Carousel Convection Microwave Cookbook for guidelines on how to use the Variable Cooking Control.

★ Suppose you want to heat soup for 2 minutes 15 seconds at MED HIGH (ROAST).

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	  	
2.	Select desired Variable Cooking Control setting.		
3.	Touch the START pad.		

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

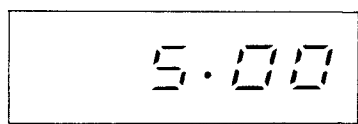
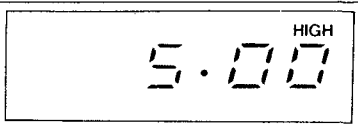
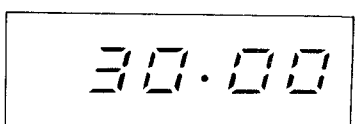
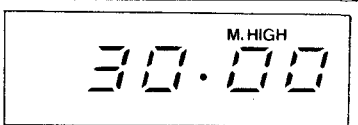
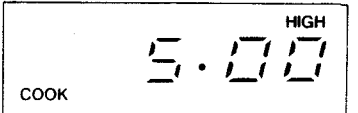
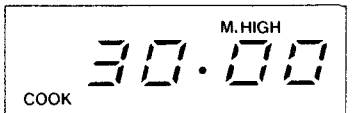
NOTE: If you accidentally touch the wrong Variable Cooking Control pad, immediately touch the correct pad. The last pad touched will be the setting the oven accepts. For example, if you touch MED pad and then immediately touch MED HIGH pad, the oven will cook at MED HIGH.

To Cook at Multiple Sequence

Suppose you want to programme the oven to cook at HIGH (FULL POWER) and reduce to MED HIGH (ROAST).

Check the microwave recipe section of your Sharp Carousel Convection Microwave Cookbook for ideas on when to use multiple sequence cooking. You can set 4 sequences.

- ★ Suppose you want to roast beef for 5 minutes at HIGH (FULL POWER), and then continue to cook for 30 minutes at MED HIGH (ROAST).

Step	Procedure	Pad Order	Display
1.	Enter desired time for first cooking sequence.	5  0  0 	
2.	Select first Variable Cooking Control setting.	HIGH	
3.	Enter desired time for second cooking sequence.	3  0  0  0 	
4.	Select second Variable Cooking Control setting.	MED HIGH	
5.	Touch the START pad.	START	 COOK The timer begins to count down. When it reaches zero.  COOK

When the timer reaches zero, all indicator lights will go out and an audible signal will sound. The time of day will reappear on the display.

NOTE: If HIGH (FULL POWER) is selected as the final sequence, it is not necessary to touch the HIGH pad. If HIGH (FULL POWER) is programmed as the first, second or third sequence, the HIGH pad must be touched.

INTRODUCTION TO CONVECTION COOKING

Convection cooking is a not-so-new form of food preparation that has been used by professional chefs for three decades for roasting and baking. Hot air is circulated throughout the oven cavity by a high speed fan. The constantly moving air surrounds the food to quickly heat the outer portion, thereby sealing in moisture and natural juices. This "sealing-in" process results in more flavoursome foods cooked in less time and in many cases at a reduced temperature. The oven can be filled to capacity, using both the turntable and the baking rack, with no increase in cooking time.

While all foods that are roasted, baked or grilled benefit from convection cooking, the added microwave feature of your new oven makes it possible to cook a wide range of foods in combination — that is with convection, then microwaves or vice-versa.

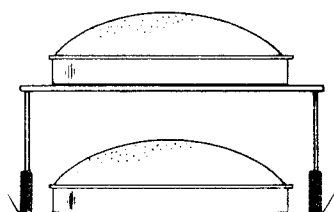
This section of the Operation Manual explains the use of the oven for Convection heating alone and combination cooking. Please use it as a guide along with your new Sharp Carousel Convection Microwave cookbook.

ACCESSORIES

The following accessories were designed especially for use in the Sharp Convection Microwave Oven. The racks are for convection or combination cooking only; do not use for microwave cooking alone. Do not substitute similar types of racks for these specially designed ones.

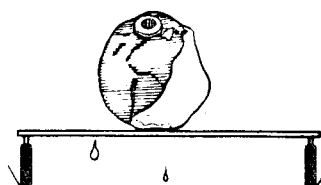
Baking Trivet

- This Trivet is used for two-levels cooking, such as sponge cakes, breads, biscuits, etc.



Meat Trivet

- Used for roasting or cooking meat to allow juices to drain away from food.



CONVECTION HEATING

Some foods are best when cooked using convection heating alone. These are foods which often have a cooking time of 15 minutes or less and usually need quick crisping and browning. These include:

Appetizers — frozen, pastry-type, or other

Biscuits and rolls — your recipe

Biscuits — mix, slice n' bake, frozen, your recipe

Cream puffs, puff pastry, turnovers, etc.

Fish fingers — frozen, breaded

Muffins — mix, your recipe

Pie crust — frozen, mix, your recipe

Pizza — fresh, frozen, or your recipe

Soufflés

Basic Convection Heating Procedure

1. Consult recipe or package directions for temperature and time.
2. Preheat oven if required by recipe or package directions.
3. Food may be cooked directly on turntable if appropriate, or on two levels using baking trivet and appropriate baking vessel. Example: Fish fingers may be cooked directly on turntable. Muffins may be cooked on 2 levels using the baking rack and two 6-muffin baking pans.
4. Check for doneness at the end of cooking time.

Helpful Hints

1. Do not cover turntable or baking rack with aluminum foil. It interferes with the flow of air that cooks food.
2. If food is not done when checked after cooking time, let stand in oven one or two minutes to complete cooking.
3. Round pizza pans are excellent cooking utensils for many convection-only items. Choose pans that do not have extended handles.

Recommended Cooking Utensils

Sharp Carousel metal turntable
Baking trivet
Metal baking pans
Paper board containers usable in oven
Aluminum foil containers
Heat resistant glass
Corning Ware®

CONVECTION GRILLING

Your Sharp Convection Microwave Oven will grill meats, fresh or frozen to perfection! As in conventional cooking, grilling time will vary with thickness as well as weight. For best results use the directions that follow:

Basic Convection Grilling Procedure

1. Preheat oven 10 minutes at 250° C.
2. Prepare and season meat on both sides, as desired.
3. Place meat on meat trivet or turntable.
4. Consult grilling chart on page 34 of this manual; set time for correct cooking time.
5. Turning meat over is not necessary.
6. Test for doneness; slit centre of meat, check for desired colour; red — rare, pink — medium, grey — well done.

Helpful Hints

1. Do not cover meat trivet with aluminum foil. It interferes with the flow of air that cooks food.
2. For faster clean up spray trivet and turntable with nonstick vegetable spray.
3. To eliminate excess fat in grilling, use meat trivet.
4. Grilling may be done ahead of time, then individual portions sliced and reheated with microwave power (MEDIUM (SIMMER) setting) as needed.
5. Sausages cooked on the meat trivet may be turned over to give an even, grilled appearance.

Recommended Grilling Utensils

Sharp recommends only the use of the metal Carousel turntable, and the meat trivet and baking rack accessories that are included with the oven.

OPERATION FOR CONVECTION COOKING

Your new Sharp oven can also be used for both Convection and Automatic Convection Microwave Cooking. During convection heating, hot air is circulated throughout the oven cavity to brown and crisp foods quickly and evenly.

The oven should not be used without the metal turntable in place and it should never be restricted so that it cannot rotate. You may remove the turntable when preheating the oven or when preparing food to be cooked directly on the turntable; for example, biscuits.

To Preheat

Your new Sharp Auto-Touch Convection Microwave Oven allows you to preheat to the desired temperature by touching a temperature pad. Whenever you want to automatically preheat the oven, no "time" is entered. The oven will signal when its ready.

★ Suppose you want to preheat to 150°C.

Step	Procedure	Pad Order	Display
1.	Touch the CONVECTION pad.		CONV 
2.	Enter the desired preheating temperature.		CONV 15 00
3.	Touch START pad.		(Ex.) Oven temperature is lower than 40°C. CONV  15 00 COOK Convection Fan Symbol will flash on and off.

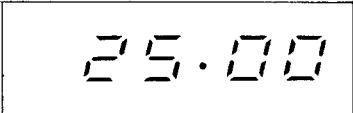
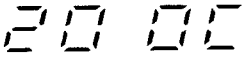
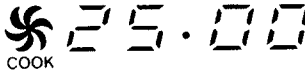
When oven temperature rises above 40°C, the actual oven temperature will appear on display. When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times.*

*At this point the oven is preheated. Food may be placed in the oven and the oven programmed. If the oven door is not opened, the oven will begin temperature holding operation. The oven will automatically hold at the preheat temperature for 15 minutes. After this time has elapsed, an audible signal will sound 4 times and the oven will turn off. All indicators will go out. Whenever the door is opened or the STOP pad is touched during this 15 minutes period, the programme is cancelled and the display will return to the time of day.

To Cook by Convection

Your Auto-Touch Convection Microwave Oven can be programmed for ten different convection cooking temperatures for up to 99 minutes, 99 seconds.

★ Suppose you want to cook at 200°C for 25 minutes.

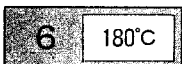
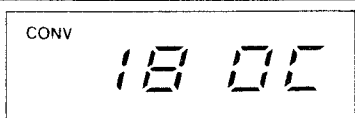
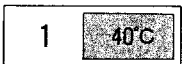
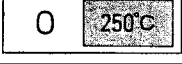
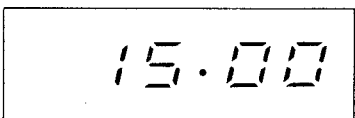
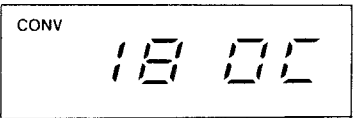
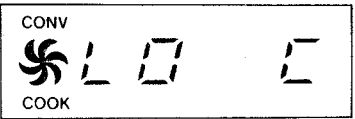
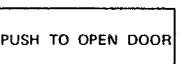
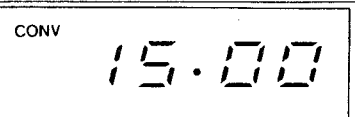
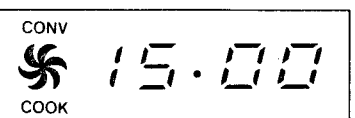
Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	2  5  0  0 	
2.	Touch CONVECTION pad.	CONVECTION	CONV 
3.	Enter desired temperature.	200°C	CONV 
4.	Touch START pad. If you wish to check the temperature you set at any time during cooking, touch CONVECTION pad.	START CONVECTION	CONV  COOK Convection Fan Symbol will rotate and the cooking time will count down to zero. CONV  COOK The oven temperature will appear on the display as long as the CONVECTION pad is touched. The oven will continue to count down to zero during this time.

When timer reaches zero, an audible signal will sound and the time of day will reappear on the display. The fan will remain on until the oven cavity has been cooled.

To Preheat and Cook by Convection at the Same Temperature

Your Sharp Convection Microwave Oven can be programmed to combine preheating and convection cooking or preheating and automatic mix cooking operations.

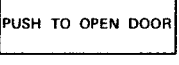
★ Suppose you want to preheat to 180°C and bake biscuits at 180°C for 15 minutes.

Step	Procedure	Pad Order	Display
1.	Touch Convection pad.		
2.	Touch desired preheat temperature pad.		
3.	Enter desired cooking time.	   	
4.	Touch CONVECTION pad again.		
5.	Touch START pad. When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. The oven will then begin temperature holding operation. The oven will automatically hold at the desired temperature for 15 minutes. This will allow time to finish preparing the food to be cooked. You may open the door anytime during this holding time.		(Ex.) Oven temperature is lower than 40°C.  Convection Fan Symbol will flash on and off.
6.	Push the Door Open button.		
7.	Place food in oven. Close door. Touch START pad.		 Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The fan will remain on until the oven cavity has been cooled.

To Preheat and Cook by Convection at a Different Temperature

★ Suppose you want to preheat to 200°C and bake a cake at 180°C for 40 minutes.

Step	Procedure	Pad Order	Display
1.	Touch Convection pad.		CONV 
2.	Touch desired preheat temperature pad.		CONV 20 00
3.	Enter desired cooking time.	   	40.00
4.	Touch CONVECTION pad again.		CONV 20 00
5.	Touch desired temperature pad.		CONV 18 00
6.	Touch START pad. When the oven reaches the programmed temperature, the Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. The oven will then begin temperature holding operation. The oven will automatically hold at the desired temperature for 15 minutes. This will allow time to finish preparing the food to be cooked. You may open the door anytime during this holding time.		(Ex.) Oven temperature is lower than 40°C. CONV  10 00 COOK Convection Fan Symbol will flash on and off.
7.	Push the Door Open button.		CONV 40.00
8.	Place food in oven. Close door. Touch START pad.		CONV  40.00 COOK Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The fan will remain on until the oven cavity has been cooled.

MIX COOKING

With the exception of those foods that cook best by convection heating alone, most foods are well suited to mix cooking using either the LOW MIX or HIGH MIX setting.

The combination of convection and microwave cooking produces juicy roasts, moist and tender cakes and fine textured breads, all with just the right amount of browning and crispness.

MIX ROASTING

Mix roasting in the Sharp Convection Microwave Oven is a simple task when you follow the instructions given below. The results are juicy, crisp browned meats done to your liking.

Basic Roasting Procedure

1. Place meat directly on the turntable or on the metal meat trivet, or in a shallow roasting pan on the turntable, as you prefer.
2. Season, as desired.
3. Consult chart on page 22 on this manual for roasting temperature and timing.
4. Program oven for appropriate cooking time and mix setting. Change temperature if recipe requires.
5. Check for desired doneness using a meat thermometer. If desired, a dual safe microwave/conventional thermometer may be inserted in the meat at the beginning of cooktime.*
6. Let meat stand covered with foil for 10–15 minutes before slicing.

* A dual safe thermometer is specially designed to withstand high temperature and can safely be used with heat or microwaves. Do not use conventional meat thermometers for mix cooking and do not use microwave only thermometers for mix cooking.

Helpful Hints

1. If roasting frozen meat, insert dual safe meat thermometer halfway through cooking time.
2. Thin sections of meat, and wingtips and legs of poultry that may overcook, can be shielded with small pieces of aluminum foil.
3. Less tender cuts of beef can be roasted and tenderized using oven roasting bags.
4. For true roasting, and fewer calories, use metal meat trivet to hold meat out of its juices.
5. If gravy is desired, roast in glass utility dish, remove meat to carving dish, then microwave gravy.

Recommended Roasting Utensils

Sharp Carousel metal turntable
Meat trivet
Shallow metal roasting pans
Aluminum foil containers
Heat resistant glass
Corning Ware®

COMBINATION ROASTING CHART

BEEF ROAST	rare:	15–17 min/450g (1lb) high mix 180° C
	medium:	17–19 min/450g (1lb) high mix 180° C
	well done:	19–21 min/450g (1lb) high mix 180° C
LAMB ROAST	medium:	17–19 min/450g (1lb) high mix 200° C
	well done:	19–21 min/450g (1lb) high mix 200° C
PORK ROAST	well done:	25 min/450g (1lb) high mix 200° C
CHICKEN ROAST (stuffed or unstuffed)		17 min/450g (1lb) high mix 200° C
TURKEY ROAST (stuffed)		14–16 min/450g (1lb) high mix 200° C

MIX BAKING

Baking with the Sharp Convection Microwave Oven is fast and simple. Using convection heat first gives baked goods their structure and, of course, their browned appearance; finishing with microwaves cooks the inside to a perfect doneness in a shorter time.

Basic Mix Baking Procedure

1. Consult Mix Baking techniques in your Sharp Cookbook for baking temperature.
2. Programme oven for appropriate cooking time and mix setting. Change temperature if recipe requires.
3. Set Convection Cooking time.
4. Check for doneness after microwave time has elapsed. If not completely done, let stand in oven a few minutes to complete cooking.

Recommended Baking Utensils

Sharp Carousel metal turntable
Baking trivet
Meat trivet
Metal baking pans
Paper board containers usable in oven

Aluminum foil containers
Heat resistant glass
Corning Ware®

Note

During mix baking some metal baking utensils may cause arcing when they come in contact with the turntable, oven walls or accessory racks. Arcing is a discharge of electricity that occurs when microwaves come in contact with metal.

If arcing occurs when using a metal utensil, place a heat resistant dish (glass pie plate, glass pizza dish or dinner plate) between the pan and the turntable. If arcing occurs with other metal baking utensils, discontinue their use for mix cooking.

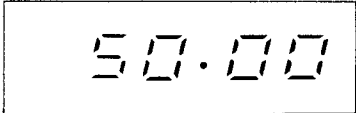
OPERATION FOR MIX COOKING

Your Sharp Convection Microwave Oven has two preprogrammed settings that make it easy to cook with both convection heat and microwaves automatically.

The LOW MIX/BAKE pad is preprogrammed for 150°C with 10% microwave power, while the HIGH MIX/ROAST pad is preprogrammed for 200°C with 30% microwave power. On both of these settings the convection heating system and the microwave system automatically alternate to give you fast, even cooking. The convection temperature setting of either pad can be changed to accommodate a wide variety of foods.

To Cook by Mix Settings

- ★ Suppose you want to roast lamb for 50 minutes on HIGH MIX/ROAST.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	5 150°C 0 250°C 0 250°C 0 250°C	
2.	Touch HIGH MIX/ROAST pad.	HIGH MIX ROAST	
3.	Touch START pad.	START	 Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches zero, the indicators will go out and an audible signal will sound. The time of day will reappear on the display.

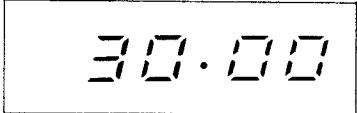
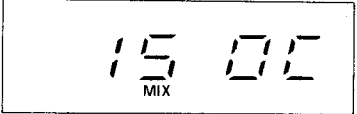
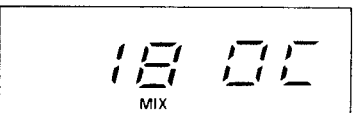
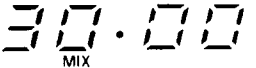
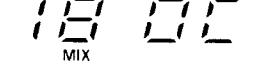
The fan will remain on until the oven cavity has been cooled.

NOTE: To cook on LOW MIX/BAKE setting, use the above procedure, touching LOW MIX/BAKE pad in Step 2.

To Change Convection Temperature of Mix Settings

You may want to change the preprogrammed temperature of LOW MIX/BAKE or HIGH MIX/ROAST settings.

★ Suppose you want to bake bread for 30 minutes on LOW MIX/BAKE 180°C changing from 150°C.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	3 110°C 0 250°C 0 250°C 0 250°C	
2.	Touch LOW MIX/BAKE pad.	LOW MIX BAKE	
3.	Touch 180°C pad.	6 180°C	
4.	Touch START pad. If you wish to check the temperature you set at any time during cooking, touch CONVECTION pad.	START CONVECTION	  Convection Fan Symbol will rotate, and the cooking time will count down to zero.   The oven temperature will appear on the display as long as CONVECTION pad is touched. The oven will continue to count down to zero during this time.

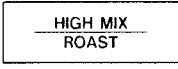
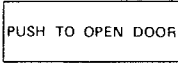
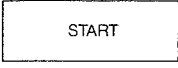
When the timer reaches zero, an audible signal will sound and the time of day will reappear on the display. The fan will remain on until the oven cavity has been cooled.

NOTE: To cook on HIGH MIX/ROAST setting, use the above procedure, touching HIGH MIX/ROAST pad in Step 2.

To Preheat and Cook by Mix Settings

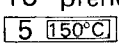
Your Sharp Convection Microwave Oven can be programmed to combine preheating and automatic mix cooking operations. You will want to preheat at the same temperature as the automatic mix temperature; that is 150°C for the LOW MIX/BAKE setting or 200°C for the HIGH MIX/ROAST setting.

★ Suppose you want to preheat to 200°C and bake an apple pie for 35 minutes at HIGH MIX/ROAST 200°C.

Step	Procedure	Pad Order	Display
1.	Touch Convection pad.		CONV 
2.	Touch desired preheat temperature pad.		CONV 20 00
3.	Enter desired cooking time.	   	35.00
4.	Touch HIGH MIX/ROAST pad.		20 00 MIX
5.	Touch START pad.		(Ex.) Oven temperature is lower than 40°C. CONV  COOK 10 00 Convection Fan Symbol will flash on and off.
When the oven reaches the programmed temperature, Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. The oven will then begin temperature holding operation. The oven will automatically hold at the desired temperature for 15 minutes. This will allow time to finish preparing the food to be cooked. You may open the door anytime during this holding time.			
6.	Push the Door Open button.		35.00 MIX
7.	Place food in oven. Close door. Touch START pad.		 35.00 COOK MIX Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

The fan will remain on until the oven cavity has been cooled.

NOTE: To preheat and cook on LOW MIX/BAKE setting, use the above procedure, touching  pad in Step 2 and the LOW MIX/BAKE pad in Step 4.

Using Low and High Mix

Double crust pies (non frozen)

Prepare pie as for conventional baking; make slits on top of pie. If ready made pies are used these may be placed in the oven in their foil dish.

Preheat oven to 200°C. Place pie on meat trivet. Bake double crust pies on HIGH MIX 200°C. A 7" meat pie 17–19 mins HIGH MIX 200°C, 7" fruit pie 13–15 mins HIGH MIX 200°C.

Frozen prepared pies

Do not preheat oven, place pie on meat trivet, bake on HIGH MIX 200°C. A 7" frozen fruit pie 20 mins on HIGH MIX 200°C. Individual frozen pies 15 mins on HIGH MIX 200°C.

Quiches and Flans

No need to prebake pastry case. Line flan dish with pastry, pour in filling. Do not preheat oven, place quiche on meat trivet and bake on HIGH MIX 200°C for 35 mins for 9" (23cm) quiche. (see recipe)

Bread Techniques

Proving dough:

Use your own recipe or packet bread mix. Place dough in well greased bowl or loaf tin. Cover with cling film. Set oven on PROOF cycle. Most dough will double in 30 minute cycle. If not let it stand in the oven or reset PROOF cycle, continue until ready.

Preheating of oven is not necessary. Bake loaf on LOW MIX 180°C. 2lb loaf 30 minutes on LOW MIX 180°C. After baking, bread should be golden brown and sound hollow when tapped. Do not let bread stand in oven; remove from tins immediately, cool on wire rack.

Cake techniques

Single layer:

Place cake on meat trivet. Cook on LOW MIX 180°C. No preheating of oven is needed.

Two layers:

Place one cake on baking trivet and one cake on the base plate. (see cake recipes)

MIX COOKING RECIPES

Apricot & Almond Meringue

PASTRY	175g (6 oz) plain flour	FILLING	2 x 400g (14 oz) cans of apricot halves (drained)
	75g (3oz) margarine		2 x egg yolks (size 3)
	pinch salt	MERINGUE	50g (2oz) ground almonds
	water to mix		2 x egg whites (size 3)
			100g (4oz) caster sugar

1. Pre-heat oven to 200°C. Line an oven-proof non-metallic flan dish with the pastry. Prick well with a fork. Bake blind on Low Mix (200°C) for 10 mins. Leave to cool.
2. Purée the apricots until smooth. Add the ground almonds and egg yolks, stir until combined.
3. Place the filling in the microwave and heat on High (FULL POWER) for 5 mins. Stir after cooking, leave to cool.
4. Whisk egg whites until stiff. Add half the sugar then continue whisking for a few seconds. Add remaining sugar and whisk for a few more seconds.
5. Place filling in flan dish and top with meringue.
6. Cook on High Mix (200°C) for 8 mins until meringue is golden brown.

Scones

225g (8oz) self-raising flour	Pinch cream tartar
50g (2oz) margarine	25g (1oz) sugar
150ml (¼pt) milk	75g (3oz) currants
Pinch salt	

1. Sieve together the flour, salt, cream of tartar.
2. Rub the fat into the flour, add the sugar and the dried fruit.
3. Gradually add the milk until a soft consistency, form gently into a ball.
4. Roll out and cut into rounds with a medium sized pastry cutter to a 1cm (½") depth.
5. Place on a greased baking sheet and brush with beaten egg or milk. Bake on Low Mix (180°C) for 12 minutes.

Cheese Souffle

A knob of butter
1 x 15ml tbsp Parmesan cheese
35g (1½oz) butter
3 x 15ml tbsp plain flour
¼ x 2.5ml tsp dry mustard
½ x 2.5ml tsp salt

Pinch black pepper
Pinch of cayenne pepper
225ml (8fl oz) milk
175g (6oz) Cheddar cheese — grated
¼ x 2.5ml tsp cream of tartar
5 x size 3 eggs separated

1. Pre-heat the oven to 230°C.
2. Butter a 20cm (8") souffle dish, sprinkle with Parmesan cheese.
3. Place butter, flour, mustard, salt and peppers in a large non-metallic bowl, heat for 1 min on High (FULL POWER), or until butter has melted.
4. Blend flour and seasonings into the butter and gradually add milk stirring until smooth. Heat sauce uncovered on Medium High (ROAST) for 4 mins, or until thickened and smooth. Stir occasionally. Add 100g (4 oz) cheese. Stir well, heat on Medium High (ROAST) for 1 min or until cheese is melted. Stir.
5. Beat the egg whites with the cream of tartar, until stiff but not dry.
6. Beat the egg yolks until thick and creamy. Add to sauce gradually. Beat well.
7. Mix about ¼ of the beaten egg whites into the sauce working quickly and lightly. Fold remaining whites into the sauce. Spoon mixture into prepared soufflé dish. Sprinkle remaining cheese on top of soufflé.
8. Place soufflé on meat trivet, cook on High Mix (230°C) for 25 mins.

Rich Shortbread Biscuits

100g (4oz) butter — softened
50g (2oz) castor sugar
150g (5oz) plain flour

25g (1oz) semolina
Milk to bind
Extra castor sugar

1. Cream butter and sugar together until light and fluffy.
2. Using a fork, gradually stir in flour and semolina, add milk to bind.
3. Draw the mixture together with finger tips. Roll out on a lightly floured board.
4. Using a medium sized cutter — 6cm (2½"), cut biscuits into rounds and place on a Swiss roll tin, spaced evenly apart.
5. Bake on Low Mix (180°C) for 12 mins.
6. Leave in the tin for 5 mins dredge with extra castor sugar.
7. Remove from the tin when cold, store in an air tight tin.

Small Buns

100g (4oz) margarine
100g castor sugar
2 x size 3 eggs

100g self-raising flour
Warm water

1. Cream the margarine and the sugar together until light and fluffy. Gradually add the eggs with a tsp of flour with each egg.
2. Fold in the remaining flour with a metal spoon, add a little warm water if necessary to form a soft dropping consistency.
3. Place heaped tps of each mixture into paper bun cases.
4. Bake on Low Mix (180°C) for 15 mins or until golden brown — makes 15 buns.
5. Allow to cool.
6. To make butterfly buns, cut out a circle from the top of the bun, then cut into two. Place a tsp of jam in each bun, followed by a tsp of butter icing. Arrange butterflies on top, dust with icing sugar.

Fruit Cake

100g (4oz) butter
100g soft brown sugar
3 eggs (size 3) – beaten
175g (6oz) self-raising flour
2 x 5ml spoons (2 tsps) baking powder

2 x 5ml mixed spice
175g (6oz) dried fruit – currants, raisins, sultanas
5 glace cherries – chopped
35g (1½oz) ground almonds
3-4 x 15ml spoon (3-4 tbsps) milk

1. Cream the fat and sugar together until light and fluffy. Beat in the eggs one at a time with a tsp of flour to each egg.
2. Fold in the remaining flour, baking powder, mixed spices, gradually add the dried fruit, cherries and ground almonds, adding enough milk to give a firm dropping consistency.
3. Place in an 18cm (7 inch) round tin prepared by lining with greased grease-proof paper.
4. Place on meat trivet and bake on Low Mix (150°C) for 30 mins.
5. Allow to cook slightly in the tin before turning out onto a wire rack.

Carrot Cake

175g (6oz) soft brown sugar
175ml (6fl oz) vegetable oil
3 x size 2 eggs
75g (3oz) plain flour
1¼ x 5ml tsp bicarbonate of soda
1¼ x 5ml tsp baking powder
1 x 5ml tsp cinnamon
¼ x 5ml tsp nutmeg
¼ x 5ml salt
50g (2oz) wholewheat flour
225g (8oz) carrots – peeled and grated
25g (1oz) walnuts – chopped
50g (2oz) raisins

FROSTING

75g (3oz) full fat soft cream cheese
25g (1oz) margarine
¼ x 5ml tsp vanilla essence
175g (6oz) icing sugar – sieved

1. Preheat oven to 180°C. Line and grease a 20cm (8 inch) square cake tin.
2. Place sugar and oil in a bowl, beat together with a wooden spoon. Beat eggs and gradually add to the sugar and oil, beating well after each addition.
3. Sift plain flour, bicarbonate of soda, spices and salt together and beat into the egg mixture. Add wholewheat flour and carrots and beat well. Fold in walnuts and raisins.
4. Spoon mixture in to the cake tin and bake on Low Mix – 180°C for 30 mins.
5. Beat cheese, margarine and vanilla essence until smooth. Add sifted icing sugar, beat well and spread over the cake. Cut into 16 squares.

Baked Lemon & Cinnamon Cheesecake

75g (3oz) butter melted
175g (6oz) crushed digestive biscuits
100g (4oz) sugar
1 x 15ml tsp ground cinnamon
50g (2oz) sultanas
2 x size 3 eggs lightly beaten

¼ x 5ml tsp salt
Juice and grated rind of ½ lemon
100ml (4fl oz) single cream
225g (8oz) cottage cheese sieved
75g (3oz) mixed chopped nuts

1. Preheat oven to 180°C.
2. Lightly grease a 20cm (8") shallow flan dish.
3. In a medium sized baking bowl combine the biscuit crumbs, butter, 25g (1oz) sugar, and cinnamon, beating with a wooden spoon until well blended. Spoon the mixture into the cake tin, reserve about 2 x 5ml tsp. Using the back of a spoon and your fingers line the dish evenly with the mixture. Place sultanas on bottom.
4. In a large mixing bowl, combine the eggs, the remaining sugar, salt, lemon juice and rind, beating until well blended. Stir in the cream, cottage cheese and half the nuts. Stir well. Pour the mixture into the flan dish. Sprinkle the reserved nuts and crumb mixture on top. Bake on Low Mix (180°C) for 20 – 25 minutes until the filling has set and a skewer inserted into the centre comes out clean. Remove from the oven and cool. Serve cold.

Baked Jam Roly Poly

225g (8oz) self raising flour
100g (4oz) shredded suet
½ x 5ml tsp salt
water to mix
Jam or mincemeat

1. Preheat oven to 200°C.
2. Mix the flour, salt and shredded suet together. Add sufficient water to mix to a light dough. Roll out to an oblong, spread the jam or mincemeat over the pastry leaving a small border round the edge. Moisten the border and roll the pastry up. Press the edges well to seal. Put into an oven-proof dish.
3. Bake on Low Mix (200°C) for 15 minutes.

Spicey Apple Pudding

450g (1lb) cooking apples
50g (2oz) demarara sugar
100g (4oz) butter or margarine
100g sugar

2 x size 3 eggs
100g self-raising flour
1 x 5ml sp (1 tsp) mixed spice
milk to mix

1. Pre-heat oven to 200°C
2. Peel, core and slice the apples and put into a 1.4L (2½ pt) oven proof dish with the demerara sugar and 1 x 15ml tbsp water.
3. Cream the fat and sugar until light and creamy, add the eggs and beat well. Add the sifted flour, mixed spice and mix well with a little milk. Spread the mixture over the apples.
4. Bake on Low Mix (200°C) for 15 mins or until sponge is cooked and springy to the touch.

Bread and Butter Pudding

6 thin slices of bread
50g (2oz) butter or margarine
50g sultanas
50g candid peel

50g castor sugar
2 x size 2 eggs
600ml (1 pt) milk

1. Preheat oven to 200°C.
2. Remove crusts from bread. Spread slices thickly with butter. Cut into fingers or small squares.
3. Put half the bread into a 1 litre (1¾ pt) well buttered heat-proof dish. Sprinkle with fruit and half the sugar.
4. Top with remaining bread, buttered side uppermost. Sprinkle with the rest of the sugar.
5. Beat eggs and milk together. Strain into the dish over bread. Leave to stand for ½ hour. Bake on Low Mix (200°C) for 20 minutes until the pudding is set and the top is crisp and golden.

Serves 4 persons.

Pork and Liver Pate

10 Steakiness bacon rashers, de-rinded and boned
 225g (8oz) lambs liver minced
 450g (1lb) lean pork minced
 450g pork sausage meat
 1 small onion, peeled and finely chopped

1 clove garlic, peeled and crushed
 1 x 5ml tsp dried sage
 1 x 15ml tbsp brandy or sherry
 Salt and pepper

1. Pre-heat oven to 180°C.
2. Place bacon rashers on a board and using the back of a knife stretch each rasher until thin and almost double in length.
3. Line base and sides of a 900g (2 lb) loaf tin with bacon.
4. Mix together liver, pork, sausage meat, onion, garlic, sage and brandy or sherry. Add seasoning. Place mixture into prepared loaf tin.
5. Cook on Low Mix (180°C) for 45 mins.
6. Remove from oven. Leave until cold then turn out of tin.

Serves 8–10 people.

Quiche Lorraine

175g (6oz) shortcrust pastry
 100g (4oz) streaky bacon
 150ml (1/4pt) milk
 150ml fresh single cream
 1 small onion –chopped

2 x size 3 eggs – beaten
 Large pinch of mixed herbs
 Pepper and salt to taste
 2oz cheddar cheese – grated

1. Line a 20cm (8") non-metallic flan dish with the pastry.
2. Cut bacon into strips, place in small bowl, add onion then microwave on High (FULL POWER) for 5mins.
3. Drain thoroughly on kitchen paper, place in the base of the pastry case.
4. Beat the milk and cream and combine with the beaten egg.
5. Season with the mixed herbs, salt and pepper, then pour into pastry case.
6. Sprinkle with grated cheese.
7. Bake on Low Mix (180°C) for 30-35 mins.

Lemon Curd and Sultana Slice

1 small pkt puff pastry
 100g (4oz) sultanas
 Juice and rind of 1 lemon
 4 x 15ml (4 tbsp) lemon curd

1. Pre-heat oven to 200°C.
2. Soak sultanas in the lemon juice and rind for 10 mins.
3. Roll out pastry to a 20cm x 20cm (8" x 8") square.
4. Mix lemon curd and sultanas together, spread evenly into one half of the pastry to within 2½cm (1") of the edge.
5. Fold over the remaining half of the pastry and seal the edges together. Make a 1cm (½") slit with a sharp knife on top of the pastry slice.
6. Bake on High Mix (200°C) for 15 mins or until golden brown.

Meat Loaf

675g (1½lbs) minced beef
50g (2oz) streaky bacon — diced
1 small onion — chopped
200g (7 oz) can of tomatoes

175g (6oz) white breadcrumbs
Salt and pepper
2 egg yolks (size 3)
Stock or milk to moisten if needed

1. Pre-heat the oven to 180°C.
2. Mix the finely minced beef with the diced bacon, onion and tomatoes. Add the breadcrumbs and season well. Stir egg yolks into the meat mixture, add stock or milk if required.
3. Put in a 900g (2 lb) loaf tin and press well down. Bake on Low Mix (180°C) for 30 mins. Can be served hot or cold.

Beef in Red Wine

450g (1lb) braising steak — cubed (½" pieces)
1 medium onion — chopped
1 small green pepper — deseeded and chopped
2 carrots — sliced
100g (¼lb) mushrooms — sliced

2 x 15ml sp (2 tbsp) oil
2 x 15ml sp plain flour
400ml (¾pt) beef stock
150ml (¼pt) red wine
salt and pepper

1. Place steak and vegetables in a 2 litre casserole dish, add oil and cook on High power for 5 mins, stir after half the cooking time.
2. Add flour, stock and wine and mix together. Season with salt and pepper. Cook on High (FULL POWER) for 5 mins until thickened, stir and cover with a lid.
3. Cook on High Mix (200°C) and bake for 45 mins until meat is cooked. Add more stock if necessary.

Pizza

½ x 5ml tsp sugar
150 ml (⅓pt) warm water
1 x 5ml 1 tsp dried yeast

225g (8 oz) plain flour
1 x 5ml tsp salt
1½ x 5ml tsp lard

1. Dissolve the sugar in the warm water, sprinkle the yeast on top of the water and leave in a warm place until the yeast is frothy.
2. Mix the flour and salt together, rub in the lard. Make a well in the centre of the flour and pour the yeast mixture in. Mix well and knead the dough on a floured surface for approx 5 mins until the dough is smooth and elastic. Put into a warm greased basin, cover with a cloth and leave to stand in a warm place until double in size.
3. Knead for 1 — 2 mins, roll out on a lightly floured board to fit a large greased baking sheet or divide and roll out to fit two smaller tins. Brush each pizza with oil and cover with selected filling. Leave to stand in a cool place for 30 mins.
4. Pre-heat the oven to 200°C whilst making the pizza topping.

TOPPING:

2 x 15ml tbsp cooking oil
1 small onion — finely chopped
225g (8oz) can tomatoes drained
2 x 15ml tbsp tomato puree
salt and pepper
pinch of mixed herbs (optional)

TO DECORATE:

100g (4oz) grated cheese
sliced tomatoes

1. Heat the oil in a heat resistant bowl on High (FULL POWER) for 1 min. Add the finely chopped onion and heat on High (FULL POWER) for 2 — 3 mins until cooked.
2. Add the drained chopped tomatoes, puree, salt and pepper and mixed herbs. Heat on High (FULL POWER) for 4 minutes.
3. Cool and spread over prepared pizza base before cooking.
4. Sprinkle with the cheese and tomato slices.
5. Cook on High Mix (200°C) for 10 — 15 mins.

Lasagne

MEAT SAUCE:

- 675g (1½lbs) minced beef
- 2 medium onions finely chopped
- 2 cloves of garlic crushed
- 2 x 15ml tbsp oil
- ½ x 5ml tsp oregano
- ¼ x 5ml tsp basil
- ¼ x 5ml tsp ground black pepper
- ½ x 5ml tsp salt

- 450g (16oz) can tomatoes
- 1 small can of tomato purée
- 70ml (¼ pt) red wine

CHEESE SAUCE:

- 50g (2oz) butter
- 50g flour
- 600ml (1pt) milk
- 100g (4oz) Cheddar cheese — grated

INGREDIENTS TO COMPLETE LASAGNE:

250g (10oz) Sheets of Lasagne, cooked and drained with 1 x 15ml tbsp oil mixed lightly through 2 x 15ml tbsp. Parmesan Cheese.

TO MAKE THE MEAT SAUCE:

1. In a heat-proof dish cook oil, minced beef, onions and garlic for 8 mins on High (FULL POWER). Drain any fat.
2. Add all other ingredients and microwave on High (FULL POWER) for 8 mins. Reduce to Med (SIMMER) for 20 mins, stir every 10 mins.

TO MAKE THE CHEESE SAUCE:

1. Melt butter in a 2pt measuring jug on High (FULL POWER) for 1 minute.
2. Blend in flour until smooth.
3. Gradually add the milk and seasonings.
4. Cook on High (FULL POWER) for 4 minutes or until the sauce has thickened.
5. Stir in the cheese until melted.

TO MAKE THE LASAGNE:

1. Pre-heat the oven to 180°C.
2. Line a greased oblong pyrex dish with a layer of lasagne. Spoon over ½ of the meat sauce and ½ of the cheese sauce and the remaining lasagne.
3. Repeat the layers before finishing with the cheese sauce. Top with the Parmesan cheese.
4. Cook on High Mix (200°C) for 15 minutes.

Savoury Sausage Plait

- 1 onion —chopped
- 50g (2 oz) mushrooms — sliced
- 1 x 5ml tsp mixed herbs
- 225g (8oz) puff pastry

- 225g sausage meat
- 2 x 15ml tbsp Tomato puree
- Salt and pepper
- Egg for brushing

1. Pre-heat oven to 200°C.
2. Place the chopped onion and sliced mushrooms into a heat-proof dish and cook on High (FULL POWER) for 2 mins.
3. Add the sausage meat and cook on High (FULL POWER) for a further 5 mins, add tomato purée and seasonings to taste and allow to cool.
4. Roll out the pastry to a rectangle 30cm x 15cm (12" x 6") trim off the edges, make cuts at an angle approximately 6cm (2") wide down both sides of the rectangle leaving the centre 2" intact.
5. Place the cooled filling down the centre of the pastry, take a strip of pastry from each side alternately. Place on a baking sheet and brush with beaten egg.
6. Bake on High Mix (200°C) for 15 mins.

OPERATION FOR SPECIAL FUNCTION COOKING

Your new Convection Microwave has three special function keys to simplify programming. These include CONVECTION GRILLING, SLOW COOK and PROOF.

Convection Grilling

Preheating is automatic when CONVECTION GRILLING setting is used. Only actual cooking time is entered; the oven signals when it is preheated to 250°C.

★ Suppose you want to grill a steak for 15 minutes.

Step	Procedure	Pad Order	Display
1.	Enter maximum grilling time using convection grilling chart in your Sharp Carousel Convection Microwave Cookbook.	1 40°C 5 150°C 0 250°C 0 250°C	15.00
2.	Touch CONVECTION GRILLING pad.	CONVECTION GRILLING	CONV 25 00
3.	Touch START pad.	START	(Ex.) Oven temperature is lower than 40°C. CONV  COOK 15 00 Convection Fan Symbol will flash on and off.
When the oven reaches the programmed temperature, Convection Fan Symbol will stop flashing and begin rotating and an audible signal will sound 4 times. Oven will maintain 250°C for 15 minutes after signal sounds and Convection Fan Symbol begins to rotate. If the oven door is not opened within 15 minutes, the oven will automatically turn off.			
4.	Open the door and place food in oven. Usually food is placed on the grilling trivet.	PUSH TO OPEN DOOR	CONV 15.00
5.	Close oven door and touch START pad.	START	CONV  COOK 15.00 Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

The fan will remain on until the oven cavity has been cooled.

NOTE: While timer is set for the maximum grilling time as directed in Step 1, check food at minimum time recommended in the chart on page 35.

This will eliminate the need to completely reprogram the oven if additional cooking time is needed. Simply close the oven door and touch START pad to continue the cooking.

CONVECTION GRILLING CHART

	Weight		TIMING (mins)
BEEF			
steaks (100–150g)	4–6oz	rare	5–7
		medium	11–13
		well done	15–17
beefburgers (frozen)	100g (¼ pounders)		15–20
LAMB			
chops (loin, chump cutlets)	150g (6oz)	medium	10–11
		well done	13–15
PORK			
chops (loin or leg)	150g (6oz)	well done	10–15
bacon	reg sliced		5–7
sausage (fresh)	thick		9–10
	thin		8–10
gammon steaks	100g (4oz)		8–10
CHICKEN			
(portions)	200g (7oz)		15–18

Proof Cycle

The PROOF cycle is designed for raising or proofing bread dough. It is preset at 40°C for 30 minutes.

★ Suppose you want to proof dough for a loaf bread.

Step	Procedure	Pad Order	Display
1.	Place dough in a well-greased bowl or loaf pan; cover with damp cloth. Place dough in oven. Close door. Touch PROOF pad.	PROOF	CONV 30.00
2.	Touch START pad.	START	CONV  30.00 COOK Fan Symbol will begin rotating.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display. The fan will remain on until the oven cavity has been cooled.

NOTE: To check oven temperature during PROOF cycle, touch CONVECTION pad.

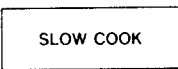
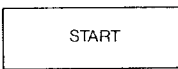
40C

 will appear on display.

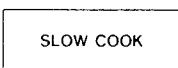
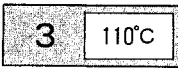
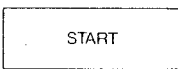
Slow Cook

The SLOW COOK setting is preset at 130°C for 4 hours. It is designed for foods which cook longer than 99 minutes, 99 seconds at 130°C or less. Foods such as casseroles are best cooked slowly at low temperatures. SLOW COOK feature expands the length of cooking time to a maximum of 4 hours at 130°C or lower. It adds to the overall versatility of your new Convection Microwave Oven. When using this setting, no cooking time is entered; you will need to time food manually.

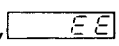
★ Suppose you want to cook casseroles at 130°C.

Step	Procedure	Pad Order	Display
1.	Touch SLOW COOK pad.		CONV 13 00
2.	Touch START pad.		CONV  COOK 13 00 Convection Fan Symbol will begin to rotate. After 4 hours an audible signal will sound.

★ Suppose you want to change oven temperature to any of 40°C, 70°C, 110°C and 130°C each.

Step	Procedure	Pad Order	Display
1.	Touch SLOW COOK pad.		CONV 13 00
2.	Enter desired oven temperature if you want to change from 130°C.		CONV 11 00
3.	Touch START pad.		CONV  COOK 11 00 Convection Fan Symbol will begin to rotate. After 4 hours an audible signal will sound.

If the oven door is opened or STOP pad is touched during SLOW COOK cycle, the program will be cancelled and the oven will turn off. If you need to check food, open the oven door and check or stir. After closing the door, touch SLOW COOK pad, lower temperature if needed, and START pad to reactivate the oven.

If a temperature setting above 130°C is entered,  indicating an error will appear on the display. CLEAR pad must be touched before reprogramming the oven.

OPERATION FOR AUTO START COOKING

If you wish to program your oven to automatically begin cooking at a designated time of day, a limit of time setting is maximum 12 hours.

To Set Auto Start

- ★ Suppose you want to start cooking a roast for 50 minutes on HIGH MIX/ROAST at 4:30 p.m. Before setting, check to make sure the clock is showing the correct time of day.

Step	Procedure	Pad Order	Display
1.	Enter the desired start time.	4 130°C 3 110°C 0 250°C	4.30
2.	Touch AUTO START pad.	AUTO START CLOCK	4:30 AUTO The colon will flash on and off.
3.	Enter the desired cooking time.	5 150°C 0 250°C 0 250°C 0 250°C	50.00 AUTO
4.	Select desired HIGH MIX/ROAST setting.	HIGH MIX ROAST	20 00 MIX AUTO
5.	Touch START pad.	START	Suppose you are setting at 1:00 p.m. 1:00 AUTO It comes at 4:30 p.m.  40.00 COOK MIX Convection Fan Symbol will rotate.

The cooking time will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on the display.

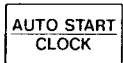
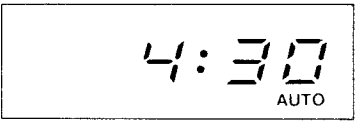
NOTE: The Auto Start feature can be used for any of the programmes described on the previous pages, including:

- 1) cooking by time using the Variable Cooking Control
- 2) multiple sequence cooking
- 3) defrosting
- 4) convection cooking
- 5) memory cooking

To Check Auto Start Time

Once you have correctly programmed the oven for Auto Start, the correct time of day (not the Auto Start time) will appear on the display. To check the time of day you have programmed the oven to begin cooking, follow these steps:

★ Suppose you have already set the Auto Start time at 4:30 p.m.

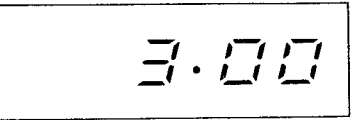
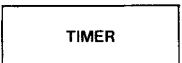
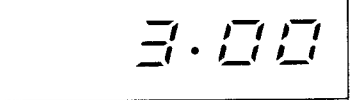
Step	Procedure	Pad Order	Display
1.	Touch AUTO START pad.		 The colon will flash on and off.

Checking the Auto Start time will not interfere with the operation of the oven. The oven will still start at the designated time of day and perform the cooking sequences you have programmed. To cancel Auto Start, simply touch STOP pad and then CLEAR pad.

Minute Timer

The Auto-Touch control panel can be used as a timer for timing up to 99 minutes, 99 seconds. There is no cooking involved.

★ Suppose you want to time a 3 minutes long distance phone call.

Step	Procedure	Pad Order	Display
1.	Enter desired time.	     	
2.	Touch TIMER pad.		

The timer will begin counting down to zero. When the timer reaches zero, the signal will sound. The time of day will reappear on the display.

To cancel the minute timer during operation, simply touch CLEAR pad and the time of day will reappear.

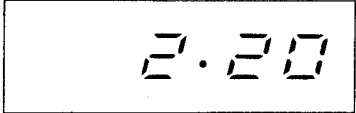
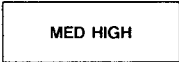
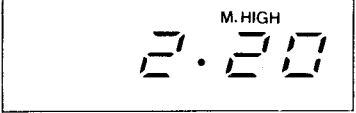
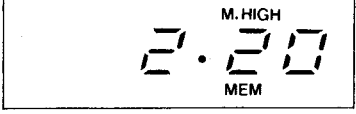
OPERATION FOR MEMORY COOKING

Your Sharp Convection Microwave Oven has one memory bank to allow you to preset one frequently used cooking programme. The oven "memorizes" these instructions and can recall this information when ever needed. This feature can be used for frequently prepared foods such as scrambled eggs, heating coffee or baby bottles or special recipes children like to cook. It can also be used for more complicated multiple sequence cooking and convection microwave cooking. You can program the oven ahead and another family member or even the baby sitter can cook a dinner by simply touching one panel to recall instructions.

To Entry Memory

★ Suppose you prepare two scrambled eggs every morning.

If two scrambled eggs cooked for 2 minutes 20 seconds at MED HIGH (ROAST) are exactly as you like them.

Step	Procedure	Pad Order	Display
1.	Enter desired cooking time.	  	
2.	Select desired Variable Cooking setting.		
3.	When you are touching MEMORY ENTRY pad.		 The time of day will reappear on the display and MEMORY indicator will go out.

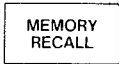
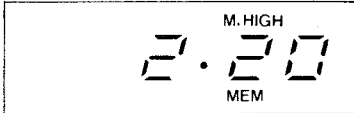
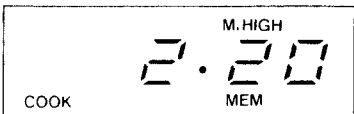
That information (2 minutes 20 seconds at MED HIGH (ROAST)) now becomes the programme stored in the memory bank. This information will remain in the memory bank indefinitely unless power to the unit is interrupted or you elect to change the programme. You can erase this information simply by programming over it using the procedure outlined above.

NOTE: The Minute Timer and the Auto Start time cannot be programmed into the Memory.

To Cook by Memory

To use the information stored in the memory bank.

- ★ Suppose you have already stored the cooking program 2 minutes 20 seconds at MED HIGH (ROAST) in the memory bank.

Step	Procedure	Pad Order	Display
1.	Touch MEMORY RECALL pad.		 The information stored in the memory bank will be repeated until START or CLEAR pad is touched.
2.	Touch START pad.		

Cook indicator will light and the timer will count down to zero. When the timer reaches zero, all indicators will go out and an audible signal will sound. The time of day will reappear on display.

NOTE: The oven can be started immediately after touching MEMORY RECALL pad. It is not necessary to wait for the memorized cooking programme to be reviewed before touching START pad.

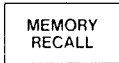
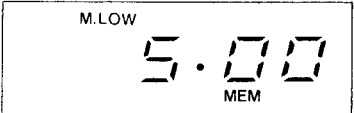
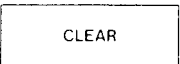
The Memory can be used for any of the programmes described on the previous pages, including:

- 1) cooking by time using the Variable Cooking Control
- 2) one to four step cooking (up to four sequences)
- 3) defrosting
- 4) convection cooking

To Check Memory

At times you may forget exactly what information is stored in the memory bank or simply want to check if the oven has been programmed correctly.

- ★ Suppose the memory bank has been programmed for 5 minutes at MED LOW/DEFROST (DEFROST), and followed by 2 minutes at HIGH (FULL POWER).

Step	Procedure	Pad Order	Display
1.	Touch MEMORY RECALL pad.		 Then  The cooking sequence will be repeated until START or CLEAR pad is touched.
2.	Touch CLEAR pad.		Time of day will reappear on display.

SHARP

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